

MARCH 2024

# BRAVERY

*Brave Women Project Monthly Newsletter*



Women's History Month  
MARCH

## Our Purpose

Brave Women Project exists to develop opportunities for women of diverse backgrounds to move into brave action through conscious choice and intentionality within our spheres of influence. We use the 5 Es for Life - Engage, Encourage, Empower, Educate, Evolve - as a guide for women to promote equity through developing in four core areas: relationships, professional, impact, and wellness.

Keep up to date with everything we are doing with our monthly newsletter.

## IN THIS ISSUE

**CELEBRATING WOMEN IN MARCH**

**BWP EVENT ANNOUNCEMENTS**

**EXCITING MEMBER NEWS**

**SAVE THE DATE**

**EMPOWERED TOGETHER:  
THE STRENGTH IN WOMEN  
SUPPORTING WOMEN**

**SWEET AND SOUR PORK  
STIR FRY**

**SUPPORT BWP**

# Message from the Board

As we enter the vibrant month of March, The Brave Women Project Board is filled with pride and excitement to celebrate Women's History Month with all of you. This annual observance provides us with a beautiful opportunity to reflect on women's remarkable contributions, achievements, and resilience throughout history and in our contemporary world.

Women's History Month is not only a time to honor the countless trailblazers who have paved the way for progress but also a moment to recognize the power, strength, and diversity within our community. The Brave Women Project has always stood as a testament to the incredible potential that lies within every woman. Our collective journey has been one of empowerment, support, and the unwavering belief that every woman has a unique story worth sharing.

In the spirit of this month, we want to express our deep gratitude to each woman who has been a part of The Brave Women Project, whether as a participant, supporter, or advocate. Your courage, resilience, and commitment to personal growth inspire us daily. Together, we continue to build a community that fosters empowerment, embraces diversity, and celebrates the strength that comes from shared experiences.

As we navigate the challenges and triumphs that lie ahead, let us use this month to uplift, support, and amplify the voices of women from all walks of life. Through unity and understanding, we can create a world where every woman is heard, valued, and celebrated for her unique contributions.

Thank you for being an integral part of The Brave Women Project. Your dedication fuels our mission, and together, we will continue to empower women to face their challenges with courage, build connections, and rewrite the narratives that shape our history.

With heartfelt appreciation and solidarity,

***The BWP Board***

# Monthly Upcoming Events:

**Come As  
You Are  
Conversation  
empower**

**VIRTUAL**  
12-1pm

## Come As You Are

Join us for our monthly come as you are conversation. Feel the support of other women as we discuss which "E" we are working on.

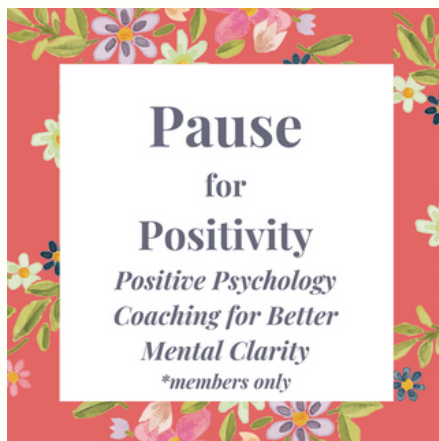
**Wednesday, March 20th, from 12:00 - 1:00 PM EST**



## Group Coaching with Coach Candid

Join Coach Candid for this introductory session - perfect for new members! We will discuss goal mapping, group coaching, and much more on this month's call. Start the year off right by mapping out your goals for 2024!

**Wednesday, March 27th from 12:00 - 1:00 PM EST**



## Pause for Positivity

Join Coach Megan for a positive break. In these sessions, we work through the negative thoughts, take a moment for mindfulness and prepare ourselves for brave action.

**Tuesday, March 26th, from 12:00 - 1:00 PM EST**

## 2 SPECIAL VIRTUAL EVENTS: MARCH 7TH

**12-1 PM EST - Practice Listening and Be Present**

<https://www.bwp.life/event-details/practice-listening-and-be-present>

**5-6 PM EST - Network with a Twist: An Improv-Inspired Happy Hour**

<https://www.bwp.life/event-details/network-with-a-twist-an-improv-inspired-happy-hour>

# Exciting Member News

## Educating Others!

BWP member Merilee Smith helped kick off Women's History Month by speaking about our "Inner Board Members" and energizing our mindset for 2024 at a local networking event for woman-run businesses!

## Welcome New Members

Tarasa Hurley

## Taking the National Stage

Holly Mcilwain, MS-SHRM-SCP, is taking the stage in Washington DC as part of the From Day One 2024 Conference focused on "Building a Culture for Workers and Companies to Thrive in Times of Change."

## Membership Discounts!

Did you know that as a BWP Member, you can access the Life Force Wellness App at a discounted rate? Join the app, stay connected to our community and benefit from everything the app has to offer for only \$60 for 12 months!

[Get it here!](#)

## Be Brave and Boast a Bit!

We often overlook all the positive things we have going on. As women, we have learned not to "brag" or be "boastful." - Here at BWP, we want to brag about you and all the fantastic things you do!

If you have some new exciting news to celebrate, let us know and be featured in our newsletter. You are working hard and deserve a little recognition for what you do!

# Save the Date

## The Brave Women Project Pillar Awards Are Coming Back!

Excitement is building as we announce the much-anticipated 2024 Brave Women Project Pillar Awards! Mark your calendars and stay tuned to BWP for all the latest updates on this empowering event.

### Sponsorship Opportunities Available!

Are you passionate about supporting the incredible achievements of brave women? We have creative sponsorship options tailored just for you! Elevate your brand and be part of this inspiring celebration. To receive a sponsor packet contact Kelli at [kelli@k2creativellc.com](mailto:kelli@k2creativellc.com). If you want to contribute to our swag bags, contact Amy at [ahhacorp@gmail.com](mailto:ahhacorp@gmail.com).

### Join Us as a Judge!

Are you a seasoned professional with a passion for recognizing excellence? We're looking for judges to join our esteemed panel and play a crucial role in honoring the achievements of remarkable women. If you're interested, please apply by emailing a brief bio and expressing your interest to [kelli@k2creativellc.com](mailto:kelli@k2creativellc.com).

### DEADLINE TO APPLY

May 15th, 2024



Mark your calendars with these important dates:

August 5 - Early bird tickets on sale

August 26 to September 27 - Nominations accepted

November 15 @ 11 am - Pillar Awards  
@ Sheraton Station Square

### Contact Us for More Information:

We can't wait to make the 2024 Brave Women Project Pillar Awards an unforgettable celebration of courage, resilience, and empowerment!

**Stay tuned for updates, and get ready to be inspired!**

# Empowered Together: The Strength in Women

## Supporting Women

The spirit of women supporting women has become an essential force driving positive change. As we navigate the complex tapestry of life, the power of solidarity, encouragement, and shared wisdom among women creates a harmonious symphony of strength. This month, we celebrate the remarkable impact of women supporting women, exploring its transformative effects on personal growth, professional success, and collective well-being.

**The Strength in Unity:** One of the most potent forces behind women supporting women is the strength found in unity. When women come together in workplaces, communities, or personal relationships, they create a formidable network that uplifts and empowers. This unity fosters an environment where each woman's unique strengths are recognized and celebrated, paving the way for collective success and resilience.

**Navigating Challenges:** Life is riddled with challenges, and women supporting women provides a powerful antidote. The understanding and empathy shared among women create a safe space where challenges are met with collective solutions. Whether navigating career obstacles, overcoming personal setbacks, or facing societal expectations, the support system forged among women becomes an anchor in times of uncertainty.

**Professional Growth and Mentorship:** The professional realm is witnessing a significant shift as women increasingly recognize the importance of mentorship and support. Women leaders mentoring those climbing the professional ladder not only enhances career growth but also establishes a legacy of empowerment. Through mentorship, seasoned professionals share insights, skills, and experiences, ensuring a continuous cycle of women supporting women in various fields.

**Celebrating Achievements:** Every triumph, no matter how small, deserves celebration. Women supporting women create an atmosphere where achievements are acknowledged, and personal or professional victories are shared joyously. This celebration boosts confidence and fosters a sense of pride and accomplishment within the community.

# Empowered Together: The Strength in Women

## Supporting Women - Con't

**Breaking Barriers and Challenging Stereotypes:** The collective strength of women supporting women serves as a formidable force in breaking down barriers and challenging societal stereotypes. By standing together, women can amplify their voices, promote inclusivity, and contribute to dismantling systemic challenges that have historically held them back.

**Fostering Emotional Well-being:** The journey of life is not only about external accomplishments but also about internal well-being. Women supporting women play a crucial role in fostering emotional health by providing a nurturing environment for open communication, empathy, and understanding. This emotional support network becomes a lifeline during times of stress, fostering resilience and mental well-being.

At Brave Women Project, we know that the power of women supporting women goes beyond mere encouragement; it's a dynamic force that transforms lives and communities. As women uplift one another, the ripple effects are felt across generations, creating a legacy of empowerment, resilience, and collective achievement. Let us continue to celebrate the strength in unity, amplify each other's voices, and embrace the limitless possibilities that arise when women support women on their remarkable journeys. Together, we are an unstoppable force, empowering one another to reach new heights and create a world where every woman's potential is recognized and celebrated.



# SWEET AND SOUR PORK STIR-FRY



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
446 kcal  
16g Fats  
52g Carbs  
22g Protein



## WHAT YOU NEED

- $\frac{7}{8}$  cup (200g) basmati rice
- 10 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1  $\frac{1}{3}$  cup (200g) sugar snap peas
- 1  $\frac{1}{4}$  cup (250g) cherry tomatoes
- 1  $\frac{1}{4}$  cup (250g) pineapple, canned or fresh

## WHAT YOU NEED TO DO

*Cook the rice according to instructions on the packaging.*

*In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.*

*Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir fry for 2 minutes, then lower the heat and add in the sugar snap peas. Stir fry for another 4 minutes on low heat.*

*Next, add in tomatoes and pineapple and stir fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.*

*Once rice is cooked, divide everything onto 4 plates and serve.*

### NOTE:

*- this dish is also very tasty with chicken breast or chicken thighs*





# HOW CAN YOU SUPPORT BWP!

## HELP US GROW!

1. Time - Volunteer Role - We need women to step into compassionate, mission-led leadership roles for 2-3 hours a month for BWP.
2. Financial - Corporate Sponsors - we are looking for corporate matching and corporate sponsors as we look at the second half of the year. We are very interested in talking with people about this!
3. Create - Bring us informational articles for our newsletter or ideas for fun events for our members.

All ideas can go to [bravewomenproject@gmail.com](mailto:bravewomenproject@gmail.com) or connect to Holly on LinkedIn.

**DID YOU KNOW YOU CAN GIVE A MEMBERSHIP AS A GIFT?  
SHARE THIS EXPERIENCE WITH A BRAVE WOMAN.**

**SUBMIT A MEMBERSHIP APPLICATION AT - [HTTPS://WWW.BWP.LIFE/SIGNUP](https://www.bwp.life/signup)**